> TRAINING PLAN

# Ride faster in just six weeks

Use coach **Phil Mosley**'s bike-focused training plan to up your lactate threshold and ride harder

This triathlon training plan is aimed at making you a faster cyclist in six weeks. There are three rides per week, three runs and two swims. Every third week is an active recovery period, which breaks the routine of training and allows your body to recover and improve. I've used a similar plan with the athletes I coach and improvements of 10% are not uncommon.

Each bike session in a week has a specific aim, so it's important that you execute them properly. The Tuesday sessions are aimed at maintaining or boosting your $VO_2$max – the volume of oxygen you can consume while exercising at your maximum capacity. The Thursday sessions involve riding in a big gear at low cadence, to improve your functional leg strength. The Saturday bike sessions are perhaps the most important. They are designed to boost your lactate threshold, which is a key determinant of how hard you can ride over all triathlon race

distances. You can read more about this on page seven of Training Zone.

The hard bits during the Saturday workouts should be done at 88-94% of your one-hour steady state race pace. This doesn't feel too hard for the first few minutes, but the fatigue soon kicks in. After six weeks of doing these sessions your power output should improve for a given heart rate. You may even find that you're able to maintain a higher heart rate during the bike section of a triathlon.

As well as the cycling, there are several runs and swims to do. They are aimed at maintaining your current level. It's can be hard to constantly improve all three disciplines at once, so focussing on one discipline while maintaining the others is often the way to go. There are also optional stretching sessions and a core stability workout to do each week. These will help you stay strong and avoid injury.

Each workout uses Training Zones (see left) to help you train at the right intensity. There is also a Key to help you understand abbreviations. Listen to your body and if you feel excessively fatigued or sore, take two days off completely and then reassess before you resume training.

### ? IS THIS PLAN FOR YOU?

**Goal**
Super sprint, sprint and standard-distance triathlons

**Timescale**
6 weeks

**Start point**
Swim: 1km
Cycle 75 minutes
Run 40 minutes

**Level**
Intermediate to advanced

## 6 WEEK PLAN ▶ TRAINING ZONES GUIDE

| DESCRIPTION | | HEART RATE (%MAX) | RPE 1-10 | ACCUMULATED | INTENSITY |
|---|---|---|---|---|---|
| Z1 | Recovery | 55-70 | <2 | 1-6hrs | Easy |
| Z2 | Endurance | 70-75 | 2-3 | 1-3hrs | Steady |
| Z3 | Tempo | 75-80 | 3-4 | 50-90mins | Comfortable |
| Z4 | Threshold | 80-88 | 4-6 | 10-60mins | Uncomfortable |
| Z5 | Vo₂ max | 89-100 | >7 | 12-30mins | Hard to very hard |

**KEY**
**WU** Warm up, **MAIN** Main set, **WD** Warm down, **FC** Front crawl, **PULL** Front crawl with a pull-buoy float between your thighs, **KICK** Kick with a float held out in front, **SECS** Seconds, **BACK** Backstroke, **BREAST** Breaststroke, **BUILD** Gradually increase your pace, **Z1** Training Zone 1, **Z2** Training Zone 2, **Z3** Training Zone 3, **Z4** Training Zone 4, **Z5** Training Zone 5

| DAY | DESCRIPTION | WORKOUT | DESCRIPTION | WORKOUT |
|---|---|---|---|---|

### WEEK 1

| DAY | DESCRIPTION | WORKOUT | DESCRIPTION | WORKOUT |
|---|---|---|---|---|
| Mon | Swim | **WU** 400m as (25m KICK/75m FC) **MAIN** 4x200m FC as (50m Z2, 50m Z3, 50m Z4, 50m Z5) +30secs rests; 2x100m PULL Z3 +15secs rests; 8x50m FC Z4 +15secs rests **WD** 200m easy BACK/BREAST | Core stability | Group Pilates or core stability class |
| Tue | Bike | **WU** 10mins in Z2, 5mins as (10secs Z4, 50secs Z2) **MAIN** 2x10mins as (30secs Z5, 30secs Z1) +10mins recovery in Z1/Z2 between sets **WD** 5mins Z1 | | RECOVERY |
| Wed | Run | **WU** 10mins Z2, 4x20secs accelerating to Z5 +20secs rests **MAIN** 2x (6x200m) in Z4 +20secs rest between reps and 4mins in Z1 between sets **WD** 5mins in Z2 | Swim | **WU** 400m as 2x(50 KICK/150 FC) **MAIN** Non stop: 250m FC Z2, 50m FC Z4, 200m FC Z2, 100m FC Z4, 150m FC Z2, 150m FC Z4, 100m FC Z2, 200m FC Z4, 50m FC Z2, 250m FC Z4 **WD** 100m BACK/BREAST |
| Thur | Bike | **WU** 10mins Z2, at your normal cadence **MAIN** 3x8mins in Z3 low cadence/big gear (60rpm) + 5mins Z2 recoveries at normal cadence **WD** 5mins in Z2, normal cadence | | RECOVERY |
| Fri | Swim | **WU** 400m as (25m KICK/75m FC) **MAIN** 4x200m FC as (50m Z2, 50m Z3, 50m Z4, 50m Z5) +30secs rests; 2x100m PULL Z3 +15secs rests; 8x50m FC Z4 +15secs rests **WD** 200m easy BACK/BREAST | Stretch | Yoga class or home stretching (30secs per stretch) |
| Sat | Bike | **WU** 10mins Z2, 3mins Z4, 5mins in Z2 **MAIN** 9mins, 8mins, 7mins, 6mins, 5mins: all at high Z3/low Z4 with 3mins recoveries in Z1/Z2 **WD** 5mins in Z2. | | RECOVERY |
| Sun | Run | Run 1hr to 1hr 30mins in Z2 on soft, undulating terrain | Stretch | Yoga class or home stretching (30secs per stretch) |

### WEEK 2

| DAY | DESCRIPTION | WORKOUT | DESCRIPTION | WORKOUT |
|---|---|---|---|---|
| Mon | | RECOVERY | | RECOVERY |
| Tue | Bike | **WU** 10mins in Z2, 5mins as (10secs Z4, 50secs Z2) **MAIN** 2x10mins as (60secs Z5, 60secs Z1) +10mins recovery in Z1/Z2 between sets **WD** 5mins Z1 | | RECOVERY |
| Wed | Run | **WU** 10mins Z2, 4x20secs accelerating to Z5 +20secs rests **MAIN** 2x(4x300m) in Z4 +20secs rest between reps and 4mins in Z1 between sets **WD** 5mins in Z2 | Swim | **WU** 300m FC, 100m KICK, 200m PULL, 100m KICK, 100m FC **MAIN** 4x(200m PULL Z2 +15secs rest, 4x50m FC Z5 +30secs rest) **WD** 200m easy FC/BACK |
| Thur | Bike | **WU** 10mins Z2, at your normal cadence. **MAIN** 3x10mins in Z3 low cadence/big gear (60rpm) + 5mins Z2 recoveries at normal cadence **WD** 5mins in Z2, normal cadence | | RECOVERY |
| Fri | Swim | **WU** 4x50m: FC/BACK/FC/BREAST) +20secs, 2x(50m: PULL/KICK) **MAIN** 300m PULL Z2, 4x100m FC Z4 +30secs, 200m PULL Z2, 3x100m FC Z4 +30secs, 200m KICK alt (25m Z1, 25m Z4) **WD** 200m mixed | Stretch | Yoga class or home stretching (30secs per stretch) |
| Sat | Bike | **WU** 10mins Z2, 3mins Z4, 5mins in Z2 **MAIN** 4x10mins all at high Z3/low Z4 with 5mins recoveries in Z1/Z2 **WD** 5mins in Z2. | | RECOVERY |
| Sun | Run | Run 1hr to 1hr 30mins in Z2 on soft, undulating terrain | Stretch | Yoga class or home stretching (30secs per stretch) |

### WEEK 3

| DAY | DESCRIPTION | WORKOUT | DESCRIPTION | WORKOUT |
|---|---|---|---|---|
| Mon | | RECOVERY | | RECOVERY |
| Tue | Bike | Bike 1hr 30mins in Z2 | Stretch | Yoga class or home stretching (30secs per stretch) |
| Wed | Swim | **WU** 2x200m as (50m FC, 50m BACK, 50m FC, 50m KICK) +15secs rest, 300m as (25m PULL/25m FC) **MAIN** 6x100m alt FC/PULL) Z4 +45secs rests, 4x50m KICK Z4 +30secs **WD** 300m as (25m KICK, 50m PULL) | | RECOVERY |
| Thur | Run | **WU** 20mins in Z2 **MAIN** 4x60secs in Z4 +3mins Z1/Z2 recoveries **WD** 10mins in Z2 | Strength | Group Pilates or core stability class |
| Fri | | RECOVERY | Swim | **WU** 400m FC, 300m PULL, 200m as (FC/BACK/BREAST/FC), 100m KICK **MAIN** 5x200m FC as (50m Z2, 100m Z4, 50m Z2) **WD** 200m as (FC/BACK/BREAST/FC) |
| Sat | Bike | **WU** 30mins in Z2 **MAIN** 10mins in Z3 to Z4, 5mins in Z2, 5mins in Z3 to Z4 **WD** 30mins in Z2 | | RECOVERY |
| Sun | Run | Run in Z2 to Z3. On soft ground | | RECOVERY |

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| | DAY | DESCRIPTION | WORKOUT | DESCRIPTION | WORKOUT |
|---|---|---|---|---|---|
| **WEEK 4** | Mon | | RECOVERY | Core stability | Group Pilates or core stability class |
| | Tue | Bike | **WU** 10mins in Z2, 5mins as (10secs Z4, 50secs Z2) **MAIN** 4x4mins in upper Z4/low Z5 +4mins recoveries in Z1/Z2 **WD** 5mins Z1 | | RECOVERY |
| | Wed | Run | **WU** 10mins Z2, 4x20secs accelerating to Z5 +20secs rests **MAIN** 2x(3x400m) in Z4 +30secs rest between reps and 3mins in Z1 between sets **WD** 5mins in Z2 | Swim | **WU** 2x200m as (50m FC, 50m PULL, 50m FC, 50m BREAST) +15secs **MAIN** 8x50m FC BUILD +15secs rests, 4x200m FC Z4 +60secs rests, 4x50m KICK Z4 +30secs rests **WD** 200m easy FC/BACK |
| | Thur | Bike | **WU** 10mins Z2, at your normal cadence **MAIN** 7, 8, 9, 8 ,7 minutes in Z3 low cadence/big gear (60rpm) +3mins Z2 recoveries at normal cadence **WD** 5mins in Z2, normal cadence. | | RECOVERY |
| | Fri | Swim | **WU** 8x50m FC BUILD +15secs rest **MAIN** 4 lots of: (400m FC/PULL Z2 +15secs rest, 100m FC Z5 +30secs rest) **WD** 400m your choice, in Z1/Z2 | Stretch | Yoga class or home stretching (30secs per stretch) |
| | Sat | Bike | **WU** 10mins Z2, 3mins Z4, 5mins in Z2 **MAIN** 3x12mins all at high Z3/low Z4 with 5mins recoveries in Z1/Z2 **WD** 5mins in Z2. | | RECOVERY |
| | Sun | Run | Run 1hr to 1hr 30mins in Z2 on soft, undulating terrain | Stretch | Yoga class or home stretching (30secs per stretch) |
| **WEEK 5** | Mon | | RECOVERY | Core stability | Group Pilates or core stability class |
| | Tue | Bike | **WU** 10mins in Z2, 5mins as (10secs Z4, 50secs Z2) **MAIN** 5x3mins in upper Z4/low Z5 +3mins recoveries in Z1/Z2 **WD** 5mins Z1 | | RECOVERY |
| | Wed | Run | **WU** 10mins Z2, 4x20secs accelerating to Z5 +20secs rests **MAIN** 8x400m in Z4 +60secs rest between reps **WD** 5mins in Z2 | Swim | **WU** 100m FC, 100m BACK, 100m FC, 100m KICK all in Z2 **MAIN** 8x100m FC Z3 +10secs rests, 4x200m FC Z3 +20secs rests **WD** 400m in Z1 as 2x(100m PULL, 50m BACK, 50m KICK) |
| | Thur | Bike | **WU** 10mins Z2, at your normal cadence. **MAIN** 5x5 minutes in Z3 low cadence/big gear (60rpm) +2mins Z2 recoveries at normal cadence **WD** 5mins in Z2, normal cadence. | | RECOVERY |
| | Fri | Swim | **WU** 4x(50m FC, 50m BACK, 50m FC, 50m KICK) **MAIN** 4x200m FC in Z3 +20secs rests, 3x400m in Z3 as (200m FC/200m PULL) +45secs rests **WD** 400m easy as (200m PULL, 100m BACK, 100m KICK) in Z2 | Stretch | Yoga class or home stretching (30secs per stretch) |
| | Sat | Bike | **WU** 10mins Z2, 3mins Z4, 5mins in Z2 **MAIN** 2x20mins all at high Z3/low Z4 with 5mins recoveries in Z1/Z2 **WD** 5mins in Z2. | | RECOVERY |
| | Sun | Run | Run 1hr to 1hr 30mins in Z2 on soft, undulating terrain | Stretch | Yoga class or home stretching (30secs per stretch) |
| **WEEK 6** | Mon | | RECOVERY | Strength | 30mins home strength workout |
| | Tue | Bike | **WU** 30mins in Z2 **MAIN** 5x1min in Z4 +4mins Z1/Z2 recoveries **WD** 10mins in Z2 | Stretch | Yoga class or home stretching (30secs per stretch) |
| | Wed | Swim | **WU** 2x(50m FC, 50m BACK, 50m FC, 50m BREAST). **MAIN** 4x50m FC in Z3 +10secs rests, 50m BACK in Z1, 2x100m FC in Z4 +20secs, 50m BACK in Z1, 200m FC in Z5, 50m BACK easy **WD** 200m PULL in Z2 | Run | Run 30-40mins in Z2, preferably on soft ground, undulating terrain |
| | Thur | Bike | 1hr Zone 2 steady ride | Stretch | Yoga class or home stretching (30secs per stretch) |
| | Fri | Run | **WU** 20mins in Z2 **MAIN** 2x60secs in Z4 +3mins Z1/Z2 recoveries **WD** 5mins in Z2 | | RECOVERY |
| | Sat | | RECOVERY | | RECOVERY |
| | Sun | | RACE DAY | | |